

# Ringo

拍數: 32      牆數: 4      級數: Improver hip hop  
編舞者: John Wilson (UK)  
音樂: You're Sixteen (You're Beautiful and You're Mine) - Ringo Starr



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## RIGHT HEEL, LEFT HEEL, HEEL SWITCHES, ¼ TURN, TOUCH & HOLD

1-2      Touch right heel to front, step right foot beside left  
3-4      Touch left foot to front, step left foot beside right  
5&6      Touch right heel to front, step right foot beside left, touch left heel to front  
&7-8      Step left foot beside right making ¼ turn right, touch right toe in front of left, hold

## FORWARD SHUFFLE, ROCK STEP, BACK SHUFFLE ROCK STEP

1&2      Step forward on right, close left beside right, step forward on right  
3-4      Rock forward on left foot, recover weight on right  
5&6      Step back on left, step right beside left, step back on left  
7-8      Rock back on right foot, recover weight on left

## MONTEREY ½ TURN, TOE SWITCHES X 3, HOLD

1-2      Touch right to right side, on ball of left turn ½ right stepping right beside left  
3-4      Touch left to left side, step left beside right  
5&6      Touch right toe to side, step right foot beside left, touch left toe to left side  
&7-8      Step left foot beside right, touch right toe to side and hold

## SYNCOPATED CROSS STEPS TWICE, KICK BALL CHANGE TWICE

&1&2      Touch right toe across left foot, step left in place, touch right toe out to right side, step left in place  
&3&4      Touch right toe across left foot, step left in place, touch right toe out to right side, step left in place  
5&6      Kick right foot forward, step right beside left, step left in place  
7&8      Kick right foot forward, step right beside left, step left in place

**REPEAT**

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